



# The Oakenden Buzz



## Oakenden State School

177 Oakenden-School Road  
SARINA QLD 4737  
Ph: 07 4959 7272  
Fax: 07 4959 7160

Email:  
1238\_principal@eq.edu.au

Web  
<http://www.oakendenss.eq.edu.au>

**"17 February 2016"**

Next Fortnight		Forward Dates	
Wed:	Student Banking & Coffee Van Visits	02 Mar	Safety Circus
22 Feb	CHESS	04 Mar	Tuckshop
23 Feb	GRIP Leadership Day	09 Mar	District Netball Trials
27 Feb	District Basketball Trials	15 Mar	Mobile Library
01 Mar	Mobile Library	18 Mar	Bullying No Way Day
01 Mar	P&C Meeting - 2.45pm	25 Mar	Good Friday Public Holiday
		26 Apr	P&C Meeting - 2.45pm

## PRINCIPAL NEWS

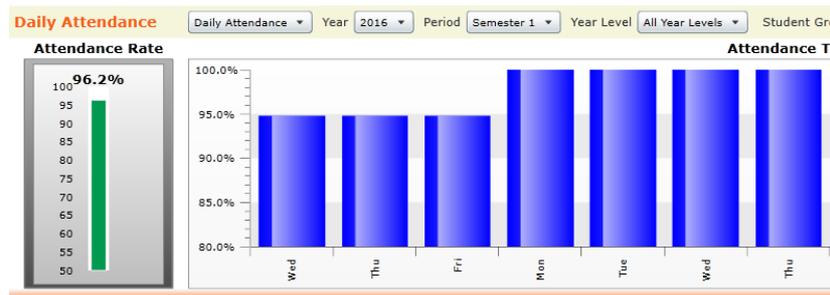
Students have made week 4 their own!

This week behaviour focus is 'Grit'. Grit is the ability to persevere and continue to work hard when confronted with challenges. According to Amy Duckworth 'Grit is a serious factor, when deciding if an individual will be successful.' At Oakenden SS we want our students to become 'Gritty'. We want them to take on challenges and then turn around and ask for harder ones. We want our students to understand that failure is a crucial part of learning, and it comes down to them as an individual who decide how successful they can be.

## BEHAVIOUR REPORT



## ATTENDANCE



**We would like to try to minimise the days a student is absent.** Illness should be taken seriously, and students should stay home when they have a fever or are contagious. We thank you for your understanding in this matter and for notifying us of this illness. Teachers will account for illness and provide time and make-up work, but we ask that appointments of any kind be scheduled before or after school if possible. If an appointment must be made during school hours, it is advised that the student come to school before the appointment and return after the appointment, if possible. **Partial daily attendance is better than not attending at all.** Family business should also be scheduled after school hours, on weekends, or during non-school days. If a vacation must be planned during the school week, and it will be for five days or longer, an Independent Study contract for absences may be requested. I thank you for your understanding and support. If you have any questions, please come and see me for a friendly chat.

## Raising the Bar

*Working together to ensure that everyday in every classroom every student is learning and achieving.*



## Every Day Counts at Oakenden

**2015 Attendance**  
97.3%

**Target > 95%**

"17 February 2016"

### YEAR 3 - 6 LEARNING - Mrs Julie McFaul

The 3, 4, 5, 6 classroom is rolling! We have ironed out creases and smoothed our format so that we are working, working and working. Our students have worked hard across all areas in the last two weeks making gains with some tough learning areas. We have been turning our writing skills towards a report format. With this our creativity is channelled into concise and formal language, something that is difficult for our imaginative and dramatic writers. The improvements over the last week are amazing! We have also made leaps into the math worlds of fractions and now perimeter. A specific focus across all year levels are mental strategies. We are vocalising different ways to work out problems in our mind, rather than reaching for the paper and pencil.

Our 3/4 cohort has been looking at why and how the early European Explorers left their homes in search of new lands and goods, with a look into early convict life beginning soon.

Federation is the topic for our 5/6 cohort and the problems that arose in the 1800's for the colonies of 'The Great South Land'. We have found it very interesting! Did you know it took 200 years to map the coast of Australia?

On a personal note, the Welcome BBQ was a fantastic way to meet more faces and learn more names! This friendly, family atmosphere is unique to Oakenden and I have never seen such a giving community. I am proud to be a part of this school. Please don't hesitate to make contact if you have any specific concerns relating to our Monday, Tuesday workload, or your student in general.

### GRIP LEADERSHIP

As part of taking on a leadership role at Oakenden State School, year 6 students receive the opportunity to attend the Mackay 'GRIP' leadership conference. GRIP Leadership (formerly known as Impact Leadership) is an independent organisation that exists to train and develop leaders with a special focus on school students and the educational sector.

#### Conference details:

Date: Tuesday, 23rd February 2016  
Time: 8:55am – 2:30pm  
Location: Mackay Entertainment and Convention Centre  
Transport: I would like to ask that all students attending, be transported by their parents - Miss Bec will be there waiting upon their arrival

### Bunning's Sausage Sizzle

Thank you to the P & C and community volunteers who helped out at our annual fundraiser. Despite the miserable weather, our team was high spirited and sold hundreds of sausage sandwiches on the day. Once again, I commend our school community for their dedication and support.

### ICAS - International Competitions & Assessments for Schools

UNSW are once again running the ICAS assessments for 2016. ICAS is a highly recommended assessment program for schools and identifies students' level of academic performance. Schools and students receive comprehensive hard copy of online reports of their performance in each subject. Student also receive a certificate to recognise their achievement. If parents wish for their child to sit these assessments it will be at the cost of the parent/guardian. Please email Michelle ([mmore11@eq.edu.au](mailto:mmore11@eq.edu.au)) as soon as possible if you wish to register your child/ren.

Digital Tech.	17/05/16	\$8.80	Spelling	15/06/16	\$12.10
Science	31/05/16	\$8.80	English	02/08/16	\$8.80
Writing	13-17/06/16	\$18.70	Maths	16/08/16	\$8.80

### CHESS

The Mackay/Whitsunday Chess Competition will begin on Monday 22 Feb 2016 at Mackay Christian College, (17 Ambrose Way, North Mackay). We have 2 teams participating in the competition.

#### Team 1

Abby Matsen  
Declan Christensen  
Lachlan Matsen  
Sophie Tyrell

#### Team 2

Payton Douglas  
Adam Matsen  
Harley McSweeney  
Qwayla Hine



Registration on the day begins at 8.45am with the tournament itself starting at around 9.30am and presentations finished by approx. 2.30pm.

Students will travel by private transport supplied by parents. Miss Bec will be waiting upon arrival. As this is an all day event, please ensure your child has a packed morning tea and lunch to take with them. Please complete the permission form.

### MEDICAL CONDITIONS - EXCLUSION PERIODS

To this weeks newsletter I have attached a copy of the Time Out Poster for common childhood diseases. Please take the time to read the fact sheet and be aware that school sores (impetigo) have been reported within the local district. I ask all parents to be vigilant of any symptoms that their child/ren displays and follow the correct exclusion period to prevent the spread through to other children and staff.

### TUCKSHOP/PLAYGROUP

We held our first playgroup for 2016 today. We welcome all families and friends with little children aged from 0 - 5 years to come along for a fun filled morning of planned activities. It also provides a support network for parents & caregivers. Playgroup begins at 9.00am and concludes at 11.00am. The next tuckshop will be Friday 4th March with Mrs Matsen for second break only, and will consist of the following:

Spaghetti Bolognese	\$2.50
Flavoured Milk	\$1.00
Ice Creams	\$1.00



“17 February 2016”

### GUITAR, UKULELE & VIOLIN LESSONS

The instrumental music lesson program on offer, is design to develop skills that are not only of benefit to students in their musical endeavours but also enhances the skill required in other subjects such as maths and language.

Students are first taught the fundamental skills in moving their fingers in what is widely accepted to be the most effective and accurate way to produce clear notes on the chosen instrument. This helps develop hand and eye coordination as well as developing audio recognition.

While students are learning correct techniques, they are also learning to read music scores. These score are arranged in a progressive manner so as the students develop their skills, new scores with new techniques and challenges are introduced.

All lessons contain elements that help to improve, hand eye coordination, music theory, rhythm, ensemble work, discipline, problem solving and multitasking.

Students are encourage to work out for themselves how to play the music scores they have received.

Because students develop at different rates, there are no time limitations set to learn the different skills. Student are encouraged to work at their own pace and to seek assistance from their parents.

For further enquiries please contact Funkey Beat Music Tuition on 0498742268 or Email [admin@funkeybeat.com](mailto:admin@funkeybeat.com)



### DISTRICT SPORT TRIALS

Under 11 and Under 12 District Sport Trials for basketball and netball will be as follows for any students wanting to try out. Forms can be collected from Mr Evans or Mrs Moren if your child is wanting to participate.

#### **Basketball**

25th February

3:30 pm – 4:30 pm

Sarina State School Hall

Next level of competition is in Mackay on the 1st March



#### **Netball**

9th March

3:30 pm – 4:30 pm

Sarina State School Hall

Next level of competition is in Mackay on the 22nd March



### NEWSLETTER - ELECTRONIC COPIES

If parents are interested in receiving an electronic copy of the newsletter each fortnight, please contact Michelle at [mmore11@eq.edu.au](mailto:mmore11@eq.edu.au) and let her know. You will need to provide the email address you would like it sent to.

### RAFFLE WINNERS

#### **Student Project Club Christmas Raffle**

1st Prize - Airlie Beach Accommodation - Phil Tyrell

2nd Prize - Christmas Hamper - Heather Kaddatz

**Valentine Raffle** - Brad - a supporter of our sausage sizzle held at Bunnings Warehouse

**Congratulations to our Winners!**

### SCHOOL RULES

Our school rules have been created collaboratively by the students and staff. They are simple enough to be remembered by the youngest student, positive and proactive.

#### **Oakenden State School Code of Behaviour**

*The OK Way: Making positive behaviour choices every day.*

#### **Safe choices**

- Behave safely by sitting, moving, dressing and playing in ways that respect your safety and that of others.

#### **Fair choices**

- Behave fairly by displaying good manners and sportsmanship. Respect the property of others and their right to participate in class and in the playground.

#### **Smart choices**

- Behave cleverly by coming to school properly prepared and dressed in your uniform. Do your best in all things and ask for help when needed.

## STUDENTS OF THE WEEK

### Last Fortnight's Achievers



#### **Student Of The Week**

is awarded to  
Mitannie Kingston  
For  
Working hard in English and  
becoming expert in Modal Verbs.



#### **Total Grit Award**

is awarded to  
Sophie Tyrell  
For  
**Grit is the ability to accept challenges  
and persist mentally and physically to  
achieve goals & success.**



#### **Bookwork Award**

is awarded to  
Savannah Hill  
For  
**Exceptional bookwork and  
dedication to Oakenden SS's  
Bookwork Policy.**

“Educating the Whole Child in Preparation for the Future”

"17 February 2016"

## LUNCHBOX LESSONS



*All children, no matter what their weight, height, gender or age need to eat from the five core food groups every day. To do this, aim to include in your child's lunchbox, fruit, wholegrain bread, salad or vegetables, meat or a meat alternative and reduced fat dairy such as cheese but also ensuring the quantity you pack for your child/ren is adequate to provide nourishment for the 6+ hours they are at school.*



A healthy lunch will give your child the essential nutrients and sustained energy they need to concentrate throughout the school day.

Take these lessons to make your child's lunch box healthy, interesting and appetising.



### Lesson 1 - Keep it cool

Use an insulated lunchbox or bag to help keep your child's lunch chilled and fresh. Using frozen bread and rolls helps keep your sandwiches cool and fresh. Adding a frozen water bottle to the lunchbox will not only keep the lunch cool but also hydrate your child during the day.

### Lesson 2 - Mix it up

Making the same lunch day after day can become a little boring for both you and your child. Try to mix it up by having some lunchbox items cooked beforehand and frozen. Mini muffins, both sweet and savoury, and mini quiche are easy to make and freeze well. Try these sandwich filling combinations for a tasty change:

- ham, avocado, grated carrot and pineapple
  - lean roast meat, chutney, lettuce and tomato
  - tinned salmon, reduced fat cream cheese, shallots, lettuce and grated carrot
  - chicken, grated apple and celery and reduced fat ricotta cheese
- mashed banana with thinly sliced dates or sultanas.



### Lesson 3 - Get clever with fruit and vege

There's lots of fun and interesting ways to include fruit and vegetables in a lunchbox. Make up fruit kebabs on paddle pop sticks. Use small cookie cutters to make fun shapes such as hearts, stars and flowers. These work particularly well with watermelon and rockmelon. Cut up vegetable sticks such as cucumber, carrot or capsicum and add to the lunchbox with a dipping sauce such as salsa, hummus or avocado. Fill celery sticks with reduced fat cream cheese and top with sultanas.

### Lesson 4 - Try turning your sandwich into sushi!

With sushi being so popular, try turning your sandwich into a sushi roll in a few easy steps.

**Step 1:** Take two slices of wholemeal bread and cut off the crusts. Flatten bread slices with a rolling pin.

**Step 2:** Spread each slice with reduced-fat cream cheese or a similar spread such as avocado, hummus or reduced fat mayonnaise.

**Step 3:** Lay your chosen filling at the bottom of each slice - If you're using vegetable sticks such as carrot, cucumber or capsicum cut them to approximately 15cm in length. You can also let the vegetables hang over the edges for that real sushi look.

**Step 4:** Roll up the bread, pressing gently to seal, then cut each roll in half. If necessary, use some more cream cheese to seal the roll if necessary. Serve with chopsticks for a great lunchbox surprise.

### Sandwich sushi filling ideas

Sweet chilli chicken - reduced fat cream cheese, sweet chilli sauce, cucumber, carrot and chicken.

Tuna and salad reduced fat cream cheese, canned tuna, corn, avocado, carrot, cucumber.

Mediterranean hummus, baby spinach leaves, lean roast meat or ham and capsicum.



### Lesson 5 - Plan ahead!

Think about what you will need for your child's lunchbox when doing your weekly shopping. When you plan before you shop, you will know what you have on hand to pack, and what you might need to buy. It will save you time and money!

